SUNDAY SCHOOL LESSON

Comments By
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For Sunday February 27, 1916

Lesson Title: "The Seven Helpers."

Lesson Text: Acts 6: 1-5. Memorize vss. 2, 3.

Golden Text: "Bear ye one another's burdens, and so fulfil the law of Christ. Gal. 6: 2.

I. Efficiency.

When is a farmer efficient? Or a minister? Or a store? Or a church? There are many answers. It depends on what a farmer's chi f business is, or a minister's, or the chief work of a church. Some people have a great deal to say about church efficiency, who don't know much about it. Even church members do not realize the change which has come in twenty years. Scientists have recently voted on the seven modern wonders of the world. The list of their "wonders" shows what a marked change has come in our ideals.

This is an age of specialization One doctor knows about ears, another about eyes, another about throats, another about stomachs, and so on. One agriculturist is an expert on manures, another on cattle, another on trees, another on bees, another on rotation of crops. When the early church appointed seven helpers to look after the poor, it began to specialize for the sake of efficiency and has been at it ever since. Giving this work to a special group of men, left the other leaders free for a more important work. It is too much to expect one man to know every thing or that he is fitted to do every thing. Yet many churches expect their ministers to be a combination of "Billy" Sunday, the apostle John, and the Angel Gabriel, with bits of Peter and Paul thrown in. And all on a salary of, say $750 a year! He must buy books, attend conventions, subscribe for all causes, dress well, and keep up with the times, all on a princely salary which averages less than that of a union brick-layer in New York, and know EVERY thing about churches—and folks—and the hereafter!

What our churches need, where they cannot afford to hire men for different types of work, is to divide up the work among the members. Some are fitted for one thing, some for another. If these folks were willing, they might be used to make well-rounded service possible, by the church, for the community. That is the heart of the plan recorded in Acts 6: 1-7. Read it—then practice the principle in your church. Divide up the work. Pass it around. Give the preacher a chance to preach, to minister to the people outside the church. Don't expect him to coddle YOU all the time. Don't make him merely a money raiser, a church bazaar promoter, or a ticket agent.

II. Fruitfulness

The Record says that "the number of desciples multiplied in Jerusalem exceedingly." One of the reasons was that the MEN got on the job! The apostolic command to the church was this: "Look ye out...Men." There is ample proof that religion is a man's job. Its big enough to call out all a man has in him. Big men have not been afraid to tackle the job. It took Livingstone to Africa, Riis to the tenements, Grenfell to Labrador, Moody to the multitudes, and Lincoln to the side of the slave. You have only to read their utterances to see what motive stirred them, what Power upheld them. It was the service of God.

Today the church is undermanned. It turns too much over to the minister and the women. God help us if they failed on the job! The church needs the power in its male members; it needs as much initiative as they put into politics, or business, or the lodge. If your church is not reaching and influencing men, it is because the men already in the church are not on their job. If fifty men in your church would get together and organize a campaign to call on one hundred other men, it would start something!

III. Standards.

In choosing committees, or electing officers we are apt to pick out the men who have "influence" in the community. This is proper if our standard of "influence" is correct. Often, however, it means to select some rich man, partly in hopes that he will give. How often do we choose the apostles directed: "Look ye out among you seven men of honest report, full of the Holly Spirit and wisdom." Here is a standard for imitation; piety first then wisdom. The Spirit of God prepares a man for christian business. No premium is put upon ignorance. A man poor in this world's goods, may be the best leader for the work of the church. Respect for character will make the choice of officers a significant event.

IV. Sharing

Burden sharing fulfills the law of Christ. Every load your neighbor carries is a challange to your life. Share up! Lift!

A little girl, orphaned and almost blind, went to a country home for a brief vacation. The children there were kind. They gave her a little wagon, in which all rode by turn. They were ready to give her more than her share, because they pitied her. But she would not permit it. "I want to push!" she said. "I like to get tired." With some one else drawing the wagon, to guide it, she could help by pushing. It was a sight to stir one's heart, the radiant face, and sightless eyes, and the voice "I like to get tired."

Are you sharing YOUR strength with others?

FACES.

Faces come on people, waters and notes that are always coming due at the most inconvenient time. When faces belong to people they vary in size and shape and do not appear to be constructed according to any matured plan. They also come in various colors—red, blue and white. Some faces belonging to certain young ladies between 17 and 25 are highly ornamental and are calculated to inspire one's respect for the careful workmanship of the Creator. It is difficult, under some circumstances, and when there are no others present, to get too close to such faces as these. Faces are used by their owners for various purposes; for example, to conceal lack of brains. Every face has one nose, two eyes, two lips, a forehead, eyebrows and cheeks. Also chin, which is used to make music. The nose comes in various colors, according to the taste of the owner, ranging from an alabaster white to a deep purple.—Life.

FALLACIOUS FABRICATIONS.

An old horse that lay sleeping in his stall was rudely awakened by the hired man, who jabbed him with a pitchfork.

"Oh, ho, ho!" said the horse, arising stiffly. "Another day's work ahead, I suppose."

"For once," said the hired hand, who was a college graduate in disgust, "your supposition is incorrect. You will be permitted to remain in your stall and rest. Your master is dead, and his funeral will be held today."

"But I am going to the funeral," said the old horse.

"Why, for the love of Mike," gruffly asked the hired man, "should you go when you may as well stay here and rest?"

"For twenty years," replied the aged horse, "I have been wanting to attend my master's funeral, and now that the opportunity is presented, I will not be denied."

Occasionally it happens that all those in the funeral train are not there for the purpose of shedding the scalding tear.—From Judge.

MENTIONED FOR WAR POST

Colonel E. M. House

Colonel E. M. House has been mentioned among the possibilities to succeed Lindley M. Garrison as Secretary of War. He is now abroad as the president's personal representative.

FACTS YOU MAY NOT KNOW

The English language is spoken by just about 10 per cent of the world's inhabitants.

Lake Erie produces more fish to the square mile than any other body of water in the world.

The total amount of property in New York City not subjected to taxation is valued at $1,873,895,000.

The United States government irrigation projects completed or under way represents an expense of $85,000,000 and involve the reclamation of more than 2,500,000 acres.

The Municipal Building, New York, is the largest structure under the jurisdiction of the bureau of public buildings and offices. It contains about 1,000 offices and has about 10,000 visitors daily. It is the world's largest building of its kind.

Norway buys apples and prunes from the United States.

The total number of blind persons in the world is estimated at 2,390,000.

Australia's public debt is $278 for each person: that on the United States is only $11 a person.

Egypt is draining and reclaiming 1,000,000 acres of ground. It is the greatest and most expensive task of the kind ever attempted.

Railroad building at night has been made possible in Africa by the use of a freight car as a lighting plant, equipped with projecting arms that carry searchlights.

A big eater always says he eats slowly.

The roll of honor is fresh from the oven.

Household Hints

RECIPES FOR DINNER

Stuffed Ham—Pour boiling water over ham and set aside until cool enough to handle. With a coarse bristled brush clean thoroughly, rinse in cold water and put on to boil. Use large kettle with sufficient water to cover ham. Bring to boiling point, then simmer steadily one-half hour to keep water just at boiling point and not above that. Turn ham over once or twice and, when done, take out and put in large bakingpan. Dip hands in cold water and pull off the skin as you would peel off an orange, then put the lean side down and set in moderate oven to bake for an hour. This brings out all superfluous grease. When removed from the stove, set aside until ham is cold, then it is ready to stuff.

Prepare stuffing in the following manner: One pint bread crumbs, two hard-boiled eggs, a little mace or thyme, one tablespoon butter, one-half cup fat meat, black and red pepper, salt to taste. With a sharp knife make incisions in ham as deep as possible and fill with the stuffing, of course chopping the eggs and fat meat as finely as possible. Into each incision pour a few drops of fruit juice or cider. Over the whole surface spread a paste made with the yolk of one egg, a little sugar, a dash of pepper, prepared mustard and bread crumbs. Put in the oven until thoroughly browned.

Caramel or Candied Sweet Potatoes—Select two or three large sweet potatoes and boil them until a fork can be stuck into them with ease. Remove from water and peel. It may be necessary to hold potatoes on a fork to be able to handle, for few objects in the world are hotter than a hot sweet potatoe. Slice jn lengthwise slices, lay in baking dish and dot with butter. Melt heaping cup brown sugar in cup of water and boil to a syrup. Pour sirup over sliced potatoes in baking dish, sprinkle top layer with sugar and bits of butter. Set in oven and let bake for an hour. When done there should be a thick sirup in bottom of baking dish and a candled brown crust over the top slices. The addition of small bits of dried orange peel lends a flavor liked by many, or a stick or two of cinnamon may be laid in the bottom of dish.

Another old and tried way of making candied potatoes is as follows: Nine sweet potatoes, two large cups brown sugar, three cups cold water, one-half lemon sliced thin, three fourths pound beef fat. Peel and cut up potatoes and put them in kettle or large saucepan with the fat, sugar, water and lemon; have heat very slow and cook from two and one-half to three hours, when the sirup should be quite thick and the potatoes brown and soft.

Steamed Hickorynut Pudding—One-half cup melted butter creamed with one-half cup sugar, two eggs beaten separately, one cup milk, two cups flour, one-half teaspoon salt, one and one-half cup hickorynuts, two teaspoons baking powder. Steam two hours in buttered mold. Sauce: One cup powdered sugar, one tablespoon butter, yolks of two eggs; all creamed together. When nearly ready to serve add one half pint whipped cream.

THE TABLE

Molasses Cake in Crust—One cup New Orleans molasses, one cup thick milk, almost a cup of sugar, shortening size of an egg, one teaspoon soda, three cups flour. Bake with under crust made as ordinary pie crust.

Snow Pyramid—Whip one pint good rich cream until firm, chill in ice box. Serve in small glasses. Beat the whites of four eggs (or if small use about six,) sweeten, and gradually stir in a cup of any kind of good fruit jelly. When you are ready to serve, drop a spoonful of the egg in the center of each dish of cream in shape of pyramid. This is fine when one is entertaining.

Energy emitted by radium has been utilized by a German scientist to drive a tiny clock.

MOST DANGEROUS SPORT IN HISTORY

BASEBALL HAS MORE FATALITIES THAN ALL OTHER SPORTS.

Football Not In Running When Number of Accidents Are Counted.

Baseball is the most dangerous game known to history. When it comes to mortality lists, baseball leaves football a lap behind in a six-furlong race an a mile track. Statisticians have figured it out that it is 430 times as destructive to human life as a Mexican revolution, and almost as deadly as Mexican chile. Annually it kills off so many aunts, uncles and grandparents that thinking people wonder how the undertakers can stand the steady work. For example, in the course of one thrilling pennant race, our office boy lost seven grandparents.

For all that, we love baseball. Even in spite of the grand stand humorist, we love it. It is our national game. We say that, since this country was to give us baseball, our revolutionary sires did not bleed and die in vain.

Men have much reason to love baseball. It gives them the chance to admire skill, speed, strength, nerve, courage and determination, and to learn the latest slang and most pepful repartee. It gives them the chance to boldly abuse and insult other men without fear of consequences and to exhibit their wit before large crowds. It gives them the chance to set up real heroes and bow down to them. Statesmen are corrupt, generals fight from their tents, literary lions are pale, weak bodies. But baseball heroes are real heroes. And it—baseball—also gives men the opportunity to be as loud and silly and joyously unrepressed as they want to be, without being laughed at.

Young women like baseball, too, and some of them understand it remarkably well. Some of them are said to know the difference between the pitcher and the umpire. There is a legend that once there was a young woman who could watch a whole game without asking: "What are they doing now?" and tell which side won at the end. But that is believed to have been written by Grimm. Young women do not care so much for baseball if they have to buy their own tickets. But if you suggest taking one, she just dotes on the game. A woman always gets some enjoyment out of seeing her escort spend money for her, no matter what it is for.

It is not always wise to take a young woman, to the ball game, no matter how she dotes on it. She may not notice the difference when they stop batting up flies and begin the game. She may think the pitcher and catcher are playing against each other, and complain because one of them does not quit and give that cute fellow with such a jaunty air a turn. She may mistake the catcher's breast protector for a porous plaster. But she will notice, with an ever-growing admiration, the grace, sureness and swiftness of the well conditioned men on the field. After which she is likely to size you up and decide you won't do.

IMITATE PRECIOUS GEMS.

Zircons Are Often Used to Deceive Persons on Jewelry.

Nature is often copied with conspicuous success by those engaged in the imitation of precious jewels. Zircons are composed of silica and zironia. Their luster is deceptive, a means having been discovered of extracting the color, thus leaving them diamonds to all appearances, although their fastness promptly proclaims itself when put to a test. Precious stones are often dyed with such thoroughness and cleverness that, it is asserted, the stone may be broken without discovery of the process; that is to say, by the unitiated.

In Oberstein, Germany, the sole industry is the manufacture of imitation jewelry and the dyeing of chalcedony and other stones. The onyx, carnelian, bloodstone and agate may be enriched in color by immersion in the dyepot. The stones are placed in vessels containing the coloring matter and are then subjected to great heat for periods varrying from a few hours to a week or more. In the case of chalcedony, which shows bands of different degrees of intensity, certain of the bands take the color and others do not. The stones then receive a further stewing in pots containing other dyes.

Fluorspar is capable of great improvement in tint when subjected to a heating process and crucidolite is given a hue of blood red by a similar method.

The emerald and the catseye are of all stones the most easily imitated One family at Oberstein is said to possess the secret of converting crucidolite into catseye. Catseye also may be made of aragonite, some of the hornblendes, and even of fibrous gypsum.

You Must Drink Plenty of Water

That's the Advice of Best Physicians to Those Who'd Be Well.

"A gallon a day will keep the doctor away."

That is what a physician of this city said when asked if it was a good thing to drink much water.

Doctors disagree about whether it is good to drink water with meals, the majority believing that food should not be washed down with liquids, but should be thoroughly chewed and mixed with saliva, which is an aid to digestion. But several doctors who were asked about it yesterday asserted that it was good to drink even as much as a quart of water with meals.

All of the seven doctors who were interviewed about the benefits of water drinking agreed that the copious drinking of water was a preventive of disease, and they had known many cases in which health was restored by the drinking of water in large quantities. One doctor advocated the drinking of as much as three gallons of water a day in very warm weather, reducing the amount when the weather is cooler, but never drinking less than a gallon a day.

"Why," said this physician, "two thirds of the weight of the body is water. In a very warm day in August an average man who is at work will perspire from two to six quarts of water a day. Where is it all coming from if you don't drink it? Many poisons generated by the body are exuded through the pores of the skin in perspiration. Many persons think they are not perspiring unless they can see beads of water on the skin. But we perspire at all times, walking and sleeping, and we do not see it because it evaporates immediately. It is almost impossible to drink too much water."

Another doctor said: "I saw a short article in the Star the other evening quoting an eminent medical authority as saying that all girls and women who wished to have a good complexion should drink two quarts of water a day. I should double that and advise men to drink four quarts a day. Give the body plenty of pure water, inside and outside, a gallon a day inside, a thorough bathing of the whole body at least once a day, fresh air all the time, night and day, and plenty of exercise, preferably by outdoor walking, and you can't very well be sick. If every one would do that one-half the doctors would have to seek some other business. If every woman would do that the rouge and complexion powder factories would shut down. There is nothing so good as plenty of water drunk every day for the complexion."

A physician said: "I am not claiming that the drinking of plenty of water is a preventive of all diseases; that would be misleading and silly, but I will say this. I have cured several bad cases of rheumatism and many cases of stomach ailments with water alone. In those cases the patients were in the habit of drinking very little water. I prescribed a quart of water before breakfast each morning and a gallon drunk throughout the day, and a quart on going to bed at night. It worked a cure in each case.

"I say this, most emphatically, that a half gallon or a gallon of water a day will help wash out the toxic poisons that are formed in the body, and will tend to keep a person in good health and help him resist disease.

"There is constantly being accumulated in the body not only waste matter, resulting from chemical changes taking place in the upkeep of vital energy, but also the blood takes up toxic poisons from the intestines. Unless those things are thrown off by the lungs, skin, kidneys, etc., we become lazy, dyspeptic and uric acid will accumulate and cause rheumatism, kidney disorder and other organic disturbances. Now such conditions would be much less likely to ensue were the simple precaution taken of drinking a pint of water often throughout the day.

"Especially is this true of persons who take little exercise and who live indoors, where they breathe impure air.

"I often prescribe the slow sipping of at least a pint of hot water in the morning while dressing. This washes out the stomach, stimulates the circulation in the lungs and skin and promotes the action of the liver. If a person has a tendency to gout or rheumatism the water drinking habit is especially recommended."

One physician wes found who recommended the drinking of a quart of water with each meal, but the majority were opposed to drinking water while eating.—Kansas City Star.

INTERESTING NEW INVENTIONS.

Electric Alarm to Awaken Sleepers When It's Raining.

For motion picture theaters an Ohioan has invented an electric piano player controlled by the film operator, to change the music to suit the character of the pictures.

A New England woman is the inventor of a dusting cloth that resembles a large mitten and is fastened to the wrist with elastic bands.

A new two-wheeled truck for moving barrels is equipped with an adjustable hook on the handle to hold them more securely.

GAS FLAMES PLAY ANY OLD TUNE

INVENTS NEW WAY TO PRODUCE MUSICAL TONES.

Flame Music Not the Only New Discovery—Expert Says Musical Tones Also Have Color.

What would you think if you heard a patriotic Irishman ask a musician to play "The Wearing of the Green" in green? Or, at some other time, a blushing man should call for "My Love Is Like a Red, Red Rose," in Red? Even a Scotchman entreating for "Blue Bells of Scotland," in pale blue? You might be excused for thinking all of them were a little bit daffy, but their sanity could be easily proved—proved beyond a doubt by Albert J. Pyne's latest musical invention which makes colored music with ordinary flames from a gas jet.

He does it by placing a long glass tube over the gas flame, then running the gas to a certain height. Striking a tone on a musical instrument, causes the flame to vibrate and reproduce the tones within the tube. Tested with a violin, Mr. Pyne reproduces the same sweet musical tone as the violin.

It is a possibility that when the flames are thoroughly mastered every one using gas in the home may have his own gas pipe organ.

There are infinite possibilities to the discovery made by Pyne. For instance: What a thriving business the "Gas Flame Conservatory of Music" could do? and the man who first inserts the advertisement, "Flame music taught by mail" likely will reap a large reward.

Mr. Pyne, a Pennsylvanian, does not guarantee to make flames go through all the tone calisthentics known to the musical world, but he does say he can make the flame from an ordinary gas light give out a musical tone as sweet as that of a violin and exceeding the tones of that instrument in volume many times. Also, Mr. Pyne can cause the gas flowing from chandeliers or jets to tango, hesitate and fox trot, merely by striking certain tones on a musical instrument.

"Flame music" is not the only thing Mr. Pyne has discovered. He says music actually has color. He does not claim to be the first to have conceived this idea, but he expects to be the first to be able to prove to the world that tone color is a fact. Hence to the other possibilities opened up in the musical world may be added another. How nice for milady, when giving a musicale, to order delicate Nile green music to harmonize with her gown. Or, if her drawing room or music room be done in old rose, how comforting and restful to have all the music of a like tint.

Mr. Pyne says he expects that within a short time it will be proved, even to the satisfaction of the laymen, that the color of certain tones may be seen with the naked eye. But that is a thing of the future, the flame music is a thing of the present.

Flame music, according to Mr. Pyne, is made by placing a long glass tube over the gas flame, then running the gas to a certain height. When it attains the desired height he strikes a tone on a musical instrument, which causes the flame to vibrate and sing within the glass tube. He declares he has caused the flame to sing with such volume as to be heard throughout the entire building in which he lives. Mr. Pyne declares he will not seek to patent his invention, as he wants others to use it and improve upon it.

Mr. Pyne is an auditor in the offices of the Westinghouse Electric Co. at East Pittsburgh. He declares his musical genius is mostly acquired. He has invented more than a dozen musical instruments of unique design and also has several compositions to his credit. He plays all of the instruments of his own make.

Mr. Pyne has invented a metallic harp, which is operated with heavy gloves, the player rubbing the strings of metal, instead of striking them. He has invented stringing bells which he calls Parsifal bells, and a guitar of twelve strings.

He has invented a series of electric bells, a xylophone of some four octaves, composed of thirty-two blocks of wood only; a metalophone, musical glasses, numbering thirty-seven, of a different type of operation from any others in use, he having tested more than 11,000 glasses of special make to get his thirty-seven; a number of tap bells, musical sleighbells, cathedral chimes, an auto-harp and a number of other novelties.

Mrs. Pyne, an accomplished pianist, has aided her husband in the development of his musical novelties.

The smallest cows in the world are found in the Samoan Islands. The average weight does not exceed 150 pounds, while the bulls weigh about 200 pounds. They are about the size of a Merino sheep.

In some parts of Siberia milk is sold frozen around a piece of wood, which serves as a handle to carry it.

Warships taking refuge in a neutral port are liable to be disarmed after twenty-four hours.